

UNIT 2 TOPIC 2

ANGER MANAGEMENT, STRESS RELIEF, AND SUICIDE AWARENESS

LEARNING OBJECTIVES:

- 2.2.1 Define anger and identify its causes.
- 2.2.2 Identify some methods to manage anger.
- 2.2.3 Define stress and identify its causes.
- 2.2.4 Identify methods to relieve stress.
- 2.2.5 Explain the Navy's suicide awareness program.
- 2.2.6 Identify the warning signs of suicide.
- 2.2.7 Identify actions for first responders
- 2.2.8 Define how core values support anger management, stress relief, and the Navy's suicide awareness program.

REFERENCES:

- 1. SECNAVINST 6320.24a
- 2. U.S. Public Health Service (1999) the Surgeon General's call to action to prevent suicide.
- 3. Adolescent suicide: Assessment and Intervention Berman A.L. and Jobes D.A. (1997)
- 4. <http://www.nhyoko.med.navy.mil/wellness/sa.htm>
- 5. <http://www.cnsi.spear.navy.mil/n0/n02m/suicide.htm>
- 6. <http://www.vnh.org/NHB/HW9539SuicidePrevent.html>
- 7. <http://www.nehc.med.navy.mil/hp>

SLIDES:

- 2-2-1 Anger Management, Stress Relief, and Suicide Awareness
- 2-2-2 Anger
- 2-2-3 Causes of Anger
- 2-2-4 Anger Kills
- 2-2-5 Anger Management Techniques
- 2-2-6 Stress
- 2-2-7 You're Not Alone
- 2-2-8 Military Stress Points Survey Results

- 2-2-9 Causes of Stress
- 2-2-10 How to Relax
- 2-2-11 Ten Ways to Cut Down on Stress
- 2-2-12 Consequences of Stress
- 2-2-13 Suicide: A Tragic Reality
- 2-2-14 Risk Factors/Warning Signs
- 2-2-15 SAILOR Acronym
- 2-2-16 SAD PERSONS Acronym
- 2-2-17 Suicide Model
- 2-2-18 Be a First Responder
- 2-2-19 Helping a Suicidal Person
- 2-2-20 AID LIFE Acronym
- 2-2-21 Local Help Resources
- 2-2-22 Core Values
- 2-2-23 Summary

CASE STUDIES:

None

VIDEO TAPES:

None

NOTES TO THE FACILITATOR:

The main points of this topic are:

- Anger is a part of everyone's life and the key is managing it effectively.
- Stress is a part of daily life so we must know how to get some relieve it.
- Suicide is real: But risk awareness is key to helping someone.
- There are risk factors associated with suicide
- Defining what a 'first responder' and some things they can do to help

UNIT 2 TOPIC 2

ANGER MANAGEMENT, STRESS RELIEF, AND SUICIDE AWARENESS

- It's OK to ask for help and it is definitely OK to help, just know the proper actions
- Core Values and commitment to your can make a difference

I. INTRODUCTION TO ANGER MANAGEMENT

- A. Anger, as defined by Webster's Dictionary, is a strong feeling of displeasure or hostility.
- B. Anger is a normal human emotion. It is neither good nor bad. It is uncomfortable, however, and doing something to reduce anger is necessary.
- C. Anger management depends on AWARENESS. One needs to be aware when one is angry, recognizing his or her unique initial signs of anger.
- D. One also needs to be aware of how anger ideally works as a healthy force in our lives so that its positive information might be understood and its useful energy might be channeled in productive ways.
- E. Anger can have value when it produces a positive change. For example, a mother who got angry when a drunken driver killed her daughter formed Mothers Against Drunk Drivers (MADD).
- F. But anger can lead to aggression and violence. Anger is damaging when:
 - 1. Resulting behavior produces physical, mental, or emotional injury to self or others.
 - 2. Interferes with our ability to do our job or interact with others.
- G. In this lesson, we will learn some of the major causes of anger and how to deal with it appropriately.

SHOW SLIDE 2-2-1 ANGER MANAGEMENT, STRESS RELIEF AND SUICIDE AWARENESS

SHOW SLIDE 2-2-2 ANGER

II. CAUSES OF ANGER

- A. There are many causes of anger. It can be caused by both external and internal events. However, it is not the event itself that causes anger, but rather the importance and meaning placed on the event by an individual.
- B. What makes one person angry may not have the same effect on someone else.
- C. Most of what makes us angry fits into these four categories:
 - 1. Mistreatment. Unkind words, ridicule, and name-calling can cause lasting pain. Physical abuse can be both physically and emotionally debilitating.
 - 2. Unfairness. This occurs when you are accused of doing something wrong or are blamed for a situation even though there is no justification or proof.
 - 3. Disappointment. People often say they are disappointed when in reality they are angry. Disappointment occurs when people can't get something done the way they think it should be done.
 - 4. Nuisances. It's easy for irritants to make people feel out of control. Annoyances can progress to anger. Some examples of nuisances are someone in the express lane with 50 items or someone who cuts you off while on the freeway.

Discussion Point:

Divide the class into three groups. Have Group 1 list the things about the military that make them angry; Group 2 list the things in their daily life that make them angry; and Group 3 the things in relationships that make them angry.

Allow 5 minutes for the groups to develop their lists and then have each group report the things they listed.

After all groups give their lists, ask the students to take a few minutes and write down the things from the lists that don't make them angry. Then ask for volunteers to share their opinions.

This activity allows students an opportunity to vent their frustrations and also to show that what makes one person angry may not have the same effect on someone else.

SHOW SLIDE 2-2-3 CAUSES OF ANGER

III. WAYS TO CONTROL ANGER

- A. Poorly managed anger is at the root of many serious physical, social, and emotional problems, from heart disease to neighborhood violence.
- B. Anger kills. Not only does anger drive people to shoot, stab, or inflict violence on others, it poses serious health risks.
 - 1. Anger can cause hypertension, high blood pressure, and depression.
 - 2. People who have high levels of anger have a greater risk of dying from coronary disease and even cancer.
 - 3. Hostile people can have weaker immune systems.
 - 4. Several studies show that anger can predict shorter life-spans.
 - 5. Unexpressed anger can lead to pathological expressions of that anger, such as getting back at people indirectly, putting others down, and criticizing everything.
- C. Anger is like a slow-acting poison. It eats away at you and courses through both the mind and body.
- D. We have talked about how dangerous anger can be. Now let's look at some techniques to control anger and possibly save lives.
 - 1. Relaxation. Simple relaxation tools, such as deep breathing and relaxing imagery, can help calm down angry feelings.

SHOW SLIDE 2-2-4 ANGER KILLS**SHOW SLIDE 2-2-5 ANGER MANAGEMENT TECHNIQUES**

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

2. Know what triggers your anger. Keep a diary to help you see what things make you angry.
3. Change the way you think. Replace your irrational thoughts with rational thoughts and your destructive habits into positive ones. Remind yourself that getting angry will not fix things, but only make them worse.
4. Problem solving. Anger is often caused by problems that we can't avoid or escape. The best attitude is to focus on how to handle and face the problem. Make a plan to solve the problem and stick with it.
5. Better communication. When you become angry, you tend to jump to conclusions and act on them without thinking. Listen to what others are saying and think through your responses so discussions stay under control.
6. Humor helps. Humor can help defuse anger in many ways. It can help unknot a tense situation and help you face your problems more constructively. Anger is a serious emotion, but it's often accompanied by ideas that, if examined, can make you laugh.
7. Change your environment. Give yourself a break and make sure you have some "personal time" scheduled into your day.

8. Other tips for easing up on yourself.
 - a. Timing. If there are certain times of the day you are prone to becoming angry, avoid discussing problems or dealing with people during that time. For example, if you and your spouse tend to fight when you discuss things at night, maybe you are tired or distracted and should plan better times to talk about important matters.
 - b. Avoidance. Don't make yourself do what annoys you. For example, if your child's filthy room annoys you, don't go in it or shut the door so you don't see in it when you pass by.
 - c. Find alternatives. If you know specific events or incidents make you angry, find alternatives for these when possible. For example, if you don't like driving in heavy traffic, find a time when the traffic will be light and drive during those times or find an alternate route to your destination.
9. Counseling. If no other technique seems to work to control your anger, counseling may be for you. They will work with you to develop a range of techniques for changing your thinking and behavior.

Discussion Point:

What are some other ways you have found to manage anger in your life?

IV. INTRODUCTION TO STRESS

- A. Anger is one response to a distressing situation, but it is not the only response. The following is a discussion of the broader topic of stress.
- B. Stress is a normal part of one's life. Any demand on the mind or body is a type of stress. It is a natural reaction to everyday challenges and it can produce changes that can be either good or bad.
- C. Sometimes stress is helpful, providing people with the extra energy or alertness they need. This kind of good stress is called eustress. For example, eustress could give a runner the edge he or she needs to persevere in a marathon.
- D. Unfortunately stress is often not helpful and can even be harmful when not managed effectively. This bad stress is called distress. It can make someone buckle under pressure while trying to make a tough decision at an important time.
- E. Every Sailor routinely experiences a wide variety of situations that are potential sources of stress.
- E. In this lesson, we will look at the causes of stress and ways to deal with it.

V. CAUSES OF STRESS

- A. There are many causes of stress in our personal lives, daily lives, and careers. Look at these indicators and see what one survey says causes much of the stress in the military.

SHOW SLIDE 2-2-6 STRESS**SHOW SLIDE 2-2-7 YOU'RE NOT ALONE**

Sources of Stress for Military Women

1. Being away from family (25%)
2. Changes in family (21%)
3. Increase in workload (19%)
4. Work relationships (19%)
5. Supervisors (16%)

Sources of Stress for Military Men

1. Being away from family (28%)
2. Deployment (20%)
3. Increase in workload (19%)
4. Financial problems (18%)
5. Conflicts between military and family responsibilities (15%)

B. The causes of stress may come from within you (internal) or from outside (external).

1. Internal causes of stress
 - a. Emotions-Whenever our emotional balance is upset, we encounter emotional stress.
 - b. Decisions-Whenever we must make difficult or long-lasting decisions, we encounter stress.
 - c. Chemical-If our chemical balance is upset, we encounter stress.
 - d. Physical-If we let ourselves get out of shape or if we suffer an injury, we encounter stress.

SHOW SLIDE 2-2-8 MILITARY STRESS POINTS SURVEY RESULTS**SHOW SLIDE 2-2-9 CAUSES OF STRESS**

Discussion Point: What are some situations that can cause stress from internal sources?

Emotional: Falling in love, death of a family member, loss of a prized possession.

Decisions: Re-enlistment, retirement, career change.

Chemical: Alcohol, Tobacco, Prescription drugs.

Physical: Broken leg, being overweight, stroke.

DISCUSSION POINT	RELATED INSTRUCTOR ACTIVITY
<ol style="list-style-type: none"> 2. External causes of stress <ol style="list-style-type: none"> e. Family situations can cause stress. f. Dealing with other people is a common cause of stress. g. Social or status change. h. Environment and surroundings. i. Work 	<p>Discussion Point: What are some situations that are external causes of stress?</p> <p>Family situations: Family separation , birth of a child. Dealing with others: New supervisor, new duty station, impolite neighbors. Social or status change: Joining a social organization, being put into a position of responsibility. Environment: Cramped work spaces, noisy study areas. Work: Short deadlines, boredom, shortage of personnel.</p>
<p>VI. WAYS TO MANAGE STRESS</p> <p>A. Concept of Relaxation</p> <ol style="list-style-type: none"> 1. Most experts agree that the major way to deal with stress is learning to relax. 2. There are many ways you can help yourself relax and relieve stress for a more enjoyable lifestyle. 3. The important thing to remember is that it's not so much how you relax that counts, but that you take the time to relax. <p>B. Two simple forms of relaxation are:</p> <ol style="list-style-type: none"> 1. <u>Deep muscle relaxation.</u> Muscle tension is a common reaction to stress. <ol style="list-style-type: none"> a. Helps you to relax your body from head to toe by first tensing then relaxing various muscle groups. b. The whole process takes about 15 minutes and can be done anywhere. 	<p>SHOW SLIDE 2-2-10 HOW TO RELAX</p> <p>Discussion Point: What are some ways to deal with stress?</p> <p>Exercise, talk things over with a friend, take a short break from your work, get plenty of sleep.</p> <p>A simple way to do the relaxation exercise is, First, sit (or lie down) and close your eyes. Then, tense your facial muscles (purse your lips, squeeze your forehead, etc.); hold for 5 seconds then relax. Now move on to the neck and shoulders -- tense, hold, relax.</p>

- c. Keep doing this process for all the major muscle groups – arms, back, abdominal, hips, legs, and feet.
 - d. By the time you're done, your muscle tension will have drained away and you'll feel revived and refreshed.
4. Breathing Deeply. Breathing deeply interrupts your stress response.
- a. Deep, slow breathing can actually interrupt your stress response and help you to relax.
 - b. First, clear the "stale" air from your lungs by exhaling slowly (through your mouth) until your lungs feel completely empty.
 - c. Then, inhale (through your nose) until you begin to feel your abdomen rise. Hold for 5 seconds, then exhale and begin the cycle again.
 - d. Repeat this exercise 4-5 times whenever you feel tense. Deep, abdominal breathing takes only a few seconds and can be done anywhere. So, when you find yourself tense and irritable, stop and take a breather.

5. Other good stress-reducing activities include keeping a journal, riding a bike, working in your yard, playing a musical instrument, or just taking a nap.
6. Relax, proper diet and exercise are keys to dealing with stress. Here is a summary of some simple steps to control and reduce stress:
 - a. Talk it out. Get support from family and friends and talk about your problems.
 - b. Exercise regularly - physical activity is a great stress reliever.
 - c. Avoid false guilt.
 - d. Set realistic goals and priorities.
 - e. Avoid perfectionism.
 - f. Keep a sense of humor.
 - g. Hang loose. Set aside some idle time to relax every day.
 - h. Live by the calendar, not the stop watch. A time management course can help you learn how to take unnecessary pressure off yourself. Concentrate on one task at a time.
 - i. Avoid overindulging in drugs, alcohol, caffeine and nicotine. Get plenty of sleep and eat a healthy diet.
 - j. Think positively.

SHOW SLIDE 2-2-11 TEN WAYS TO CUT DOWN ON STRESS

VII. CONSEQUENCES OF STRESS

- D. Stress is virtually impossible to avoid and over a period of time it can take a toll on our bodies and minds.
- E. An over abundance of stress can cause physical, emotional, and behavioral consequences.
 - 1. Physical consequences
 - a. The body has instinctive physical reactions every time stress occurs. These reactions such as increased heart rate, jaw tightening, shortness of breath, and flushed face can lead to more serious physical ramifications such as:
 - High blood pressure
 - Heart attacks
 - Peptic ulcers
 - Migraine headaches
 - Pains in the neck
 - Certain types of asthma
 - Many forms of cancer
 - Chronic fatigue
 - Gastrointestinal problems
 - Insomnia

SHOW SLIDE 2-2-12 CONSEQUENCES OF STRESS

Discussion Point: Can you think of other physical consequences of stress?

VII. INTRODUCTION TO SUICIDE

- A. We have talked about anger and stress in the first parts of this lesson. Now let's look at one extreme result if anger and stress are not managed effectively--suicide.

Suicide is an intentional act resulting in one's own death

- B. Every day people face a variety of stressors with no thought of suicide or self-destructive behavior. It's not stress per se that makes a person suicidal. It's the underlying psychological problems such as depression or alcohol abuse that affect a person's thinking and judgment, and put a person at risk for suicide.
- C. Background - Suicide is a tragic reality in our society and more specifically in the Navy. While the rate of suicides in the Navy is well below the national average, the loss of a shipmate or friend to suicide is a very painful, unnecessary and preventable loss.
1. The U.S. Surgeon General has called suicide a serious public health threat in our nation.

SHOW SLIDE 2-2-13 SUICIDE: A TRAGIC REALITY

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

2. In 1998, suicide was ranked number eight for the top ten causes of death in the United States. It claimed 30,575 lives that year alone.
3. It is even more common among males than females and most common among white males. However, the rate of young African-American male suicide has been on the rise. We all need to be more aware of suicide and prevention measures.
4. Throughout our society, over 30,000 people a year take their own lives. More people die by suicide each year than by homicide.
5. Centers for Disease Control Survey for high school age group results:
- Suicidal thoughts: about 20% in any year
 - Suicidal thought with a plan: about 16% a year
 - Suicide attempts: about 8% in any year
 - Suicide attempts requiring medical treatment: about 2-3% in any year
6. Since the military is a reflection of society, suicide also affects the Navy. In the past 10 years, suicide has been either the second or the third leading cause of death among active duty Sailors.

**VIII. RISK FACTORS AND WARNING SIGNS
FOR SUICIDE**

- A. Risk factors call our attention to the potential for suicide or suicidal behavior.
- B. Although there are many risk factors and warning signs, there are three **key** risk factors for suicide:
- Mental health difficulties such as depression and/or substance abuse
 - Suicidal thoughts-which are often hinted at or discussed with others
 - A previous suicide attempt
- C. The great majority of people with each of the following warning signs will not act to harm themselves. Yet, each of these alerts us that they might. Each occurs among a greater proportion of those who do harm or kill themselves than among those who do not:

SHOW SLIDE 2-2-14 RISK FACTORS/WARNING SIGNS

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- Recent relationship loss
- Depression
- Hopelessness about future
- Talk or hints of suicide
- Problems with alcohol or drugs
- Previous suicide attempt
- Impulsiveness
- Sense of humiliation or failure
- Isolations or withdrawal
- Legal or disciplinary trouble

D. There are several acronyms utilized by the U.S. Navy that can assist with the identification and recognition of the warning signs and risk factors of suicide.

FACILITATOR NOTE:

Can you think of other risk factors or warning signs for suicide?

1. The acronym SAILOR is utilized to describe the primary behavioral and psychological risk factors associated with self-destructive and suicidal behavior.

S SAD A sailor who is depressed and sad, with feelings of hopelessness, helplessness, and worthlessness is at risk.

A ALCOHOL Sailors who abuse or are addicted to alcohol are at greater risk for suicide.

I ISOLATION Sailors who are alone and isolated and are without peer, social, and religious support may be at risk.

L LOSS Sailors who have lost someone (especially a significant and/or romantic relationship) or something meaningful in their lives may be at risk for suicide.

O ORGANIZED PLAN The Sailor with a specific detailed plan using an available lethal method is at high risk.

R RATIONAL THINKING LOSS

Suicide risk is high for Sailors when their judgement and thought processes are impaired.

SHOW SLIDE 2-2-15 SAILOR ACRONYM

2. The acronym SAD PERSONS was developed to help in learning the warning signs of potential suicide behavior. Knowledge of the major behavioral, psychological and demographic factors associated with suicide risk is a key component in assisting those individuals to get help.

S SEX Women attempt suicide more frequently than do men, yet men are much more likely to actually kill themselves than are women.

A AGE Persons who are adolescents and young adults are at risk. Men over 45 and women over the age of 55 are also at risk.

D DEPRESSION Persons who are depressed are at higher risk for

suicide.

P PREVIOUS ATTEMPT Persons who have made prior suicide attempts are higher risk for suicide. About half of those who kill themselves have previously attempted suicide.

E ETHANOL AND DRUG ABUSE Persons that abuse and or that are addicted to alcohol, drugs, or both are at risk for suicide.

SHOW SLIDE 2-2-16 SAD PERSONS ACRONYM

DISCUSSION POINT**RELATED INSTRUCTOR ACTIVITY**

R RATIONAL THINKING LOSS

Suicide risk is high when judgement and rational thought is impaired. If the individual is hearing voices telling them to hurt herself/himself, and is experiencing paranoid delusions the risk is very high.

S SOCIAL SUPPORTS LACKING A

recent loss of a significant other and the lack of meaningful job, religious and interpersonal supports all together are a risk factor.

O ORGANIZED PLAN The individual who has a specific plan that uses an available, lethal method is at high risk.

N NO SPOUSE Separated, divorced, widowed, and single persons have a higher risk of suicide.

S SICKNESS Chronic, debilitating, severe, and painful illnesses and diseases are a suicide risk factor.

F. Remember that there is no typical suicide victim. One person may show many of the warning signs and another person may show none at all. It is better to know and look for the warning signs and possibly help someone considering suicide than standby and watch it happen.

IX. SUICIDE MODEL

- A. One helpful model for understanding suicide emphasizes the role of mental health problems such as depression, anxiety, and alcohol abuse in making people vulnerable to suicide.
- B. As shown by the next box, when these mental health problems are combined with stressors like relationship losses, or career, legal, or financial trouble, people's moods can worsen to the point where they feel extreme anger anxiety, hopelessness, or depression.
- C. If a person in this state of mind has access to a means for self-harm and feels isolated from others, the risk for suicide may be increased or facilitated.
- D. Additionally, if such a person doesn't have strong beliefs against suicide or has had someone close to him or her commit suicide, the risk is also increased.

SHOW SLIDE 2-2-17 SUICIDE MODEL

Instructor Note: Point to the 'Disorder' box

Instructor Note: Point to the 'Stress Event' box

Instructor Note: Point to the 'Mood Change' box

Instructor Note: Point to the 'Facilitation' box

- E. One the other hand, if a person in this situation doesn't have access to a means of self-harm and has strong beliefs against suicide, as well as the support of family members, friends, and helping professionals, the risk for suicide is decreased or inhibited.
- F. Suicidal thinking is not a normal response to stress. That's why we have to act to get help for suicidal people before it is too late. The good news is that effective treatments for depression and other mental health problems are readily available.

X. BE A FIRST RESPONDER

- A. There are some practical ways to help people at risk for suicide. The focus in the Navy is to be a first responder. A first responder is a person who recognizes someone at risk for suicide and who takes action to help. First responders can be shipmates, coworkers, supervisors, friends, or family members.
- B. There are some things you can do to be a first responder to someone who is threatening suicide. Below are some general helpful hints to follow.
 - 1. Be direct. Talk openly and matter-of-factly about suicide.
 - 2. Be willing to listen. Allow expressions of feelings. Accept the feelings.

Instructor Note: Point to the 'Inhibition' box

SHOW SLIDE 2-2-18 BE A FIRST RESPONDER

Reference: American Association of Suicidology
SHOW SLIDE 2-2-19 HELPING A SUICIDAL PERSON

3. Be non-judgmental. Don't debate whether suicide is right or wrong, or feelings are good or bad. Don't lecture on the value of life.
 4. Get involved. Become available. Show interest and support.
 5. Don't dare him or her to do it.
 6. Don't act shocked. This will put distance between you.
 7. Don't be sworn to secrecy. Seek support.
 8. Offer hope that alternatives are available but do not offer glib reassurance.
 9. Take action. Remove means, such as guns or stockpiled pills.
 10. Get help from persons or agencies specializing in crisis intervention and suicide prevention.
- C. The Navy has an acronym for action steps one should take when faced with a suicidal person. The acronym is AID LIFE and each step is explained below.
- A Ask- It is okay to ask "Are you thinking about hurting yourself?"
- I Intervene- Immediate intervention is necessary.
- D Don't keep it a secret.
- L Locate Help- Watch/Duty, Doctor, Nurse, Corpsman, Chaplain, Friend
- I Inform Chain of Command

SHOW SLIDE 2-2-20 AID LIFE ACRONYM

- F Find- Find someone to stay with the person.
Don't leave the individual alone!
- E Expedite- Don't wait. Take action immediately.

Shipmates who consider suicide need help!

D. Additional Resources

1. Possible Local Resources

- a. There is help near by! Command leadership, medical providers and Chaplains.
- b. Here are some that come to mind, you may want to add to this list:
 - Fleet and Family Support Centers
 - Marine Health Services
 - Medical Services
 - Chaplains
 - Marriage and Family Counselors
 - Substance Abuse Counselors
 - Financial Advisors

It is never too late to get help!

SHOW SLIDE 2-2-21 LOCAL HELP RESOURCES

Ask class if they might know of other potential help resources.

XI. ANGER, STRESS, SUICIDE AND CORE VALUES

- A. There is a direct connection between the Navy's Core Values and your well being.
- B. We normally look at the Core Values as we relate to others. In matters of anger, stress, and suicide awareness, the burden of honor, courage, and commitment reflects right back to each of us as well.
- Are we honest with ourselves about the anger and stress in our lives and what causes it?
 - Do we have the courage to commit to managing anger and stress to improve our lives?
 - Will we commit to a dedicated effort to managing anger, controlling stress, and preventing suicide?
- C. Breaking it down,
- **Honor** - We are accountable for our professional and personal behavior: Managing anger and controlling stress to improve our lives. We should also be accountable for helping those in need. The buck stops with each of us.

SHOW SLIDE 2-2-22 CORE VALUES

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

The burden of honorable choices and recognizing the need for change.
Remember: there is no honor in suicide and in fact it is contrary to Core Values.

- **Courage** – We meet the demands of our profession and the mission when it is hazardous, demanding, or otherwise difficult: Our profession has greater challenges than most others. The courage to recognize when we need help managing anger or controlling stress should be part of who we are.
- **Commitment** - Care for the safety, professional, personal and spiritual well-being of our people; Be committed to positive change and constant improvement: Learn how to manage anger and stress effectively and stick with it as a lifelong commitment.

XII. SUMMARY

- A. In this lesson, we discussed anger and its causes. We also looked at some ways to manage anger.
- B. Stress is a part of our daily lives. The important things to know are what causes it and how it can be controlled before it results in serious consequences.

SHOW SLIDE 2-2-23 SUMMARY

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- C. Suicide is a tragic reality in our society and in the Navy. It is important to know the risk factors and warning signs and be prepared as a first responder to help someone in need.
- D. Core Values are directly related to controlling anger and stress and preventing suicide. Let them be your guide when encountered with anger, stress, and suicide.